

Supplementary material 3

Table 3. Odds ratios (OR) from unadjusted multinomial logistic regression analyses for ADL disability, mortality during follow-up and non-participation in HUNT3.

	ADL independent		ADL disability		Mortality during follow-up			Non-participation in HUNT3		
	n	n	OR	95% CI	n	OR	95% CI	n	OR	95% CI
Self-rated health										
Good	2695	42	1.00		666	1.00		1383	1.00	
Poor	1539	61	2.54	(1.71-3.79)	781	2.05	(1.82-2.32)	1127	1.43	(1.29-1.58)
Total	8294									
Depression										
HADS-D \leq 7	3416	75	1.00		956	1.00		1774	1.00	
HADS-D \geq 8	445	17	1.74	(1.02-9.97)	228	1.83	(1.54-2.18)	336	1.45	(1.25-1.69)
Total	7247									
Sleep duration										
7-9 hours	3192	68	1.00		870	1.00		1512	1.00	
\leq 6 / \geq 10 hours	625	24	1.80	(1.12-2.89)	268	1.57	(1.34-1.85)	384	1.30	(1.13-1.49)
Total	6943									
Physical activity										
Active	2073	40	1.00		548	1.00		959	1.00	
Inactive	1642	45	1.42	(0.92-2.19)	592	1.36	(1.19-1.56)	972	1.28	(1.15-1.43)

Social participation

Participates	2053	46	1.00		447	1.00		733	1.00	
Seldom, never	1788	47	1.17	(0.78-1.77)	703	1.81	(1.58-2.07)	1162	1.82	(1.63-2.04)
Total	6979									

*Adjusted for gender, education, age, marital status and chronic illness

N varies from 5361 to 8294 in the various analyses due to different amount of missing on the independent variables

Abbreviations used in the table: ADL = Activities of Daily Living, CAGE = questionnaire for problematic alcohol behaviour, HADS = Hospital Anxiety and Depression Scale, HADS-D = Depression, HADS-A = Anxiety, HUNT = the Nord-Trøndelag Health Study

Table 4. Odds ratios (OR) from unadjusted multinomial logistic regression analyses for IADL disability, mortality during follow-up and non-participation in HUNT3.

	IADL independent	IADL disability			Mortality during follow-up			Non-participation in HUNT3		
	n	n	OR	95% CI	n	OR	95% CI	n	OR	95% CI
Self-rated health										
Good	2337	390	1.00		666	1.00		1383	1.00	
Poor	1118	475	2.55	(2.19-2.96)	781	2.45	(2.16-2.78)	1127	1.70	(1.53-1.89)
Total	8277									
Depression										
HADS-D \leq 7	2839	639	1.00		956	1.00		1774	1.00	
HADS-D \geq 8	313	147	2.09	(1.68-2.58)	228	2.16	(1.80-2.60)	336	1.72	(1.46-2.03)
Total	7232									
Sleep duration										
7-9 hours	2644	605	1.00		870	1.00		1512	1.00	
\leq 6 / \geq 10 hours	475	171	1.57	(1.29-1.91)	268	1.71	(1.45-2.03)	384	1.41	(1.22-1.64)
Total	6929									
Physical activity										
Active	1765	340	1.00		548	1.00		959	1.00	
Inactive	1286	395	1.59	(1.36-1.87)	592	1.48	(1.29-1.70)	972	1.39	(1.24-1.56)
Total	6857									
Life satisfaction										

Good	3045	655	1.00		1103	1.00		1975	1.00	
Poor	385	198	2.39	(1.98-2.89)	297	2.13	(1.80-2.51)	459	1.84	(1.59-2.13)
Total	8117									
Daily smoker										
No	2806	679	1.00		848	1.00		1591	1.00	
Yes	638	183	1.19	(0.99-1.43)	449	2.90	(2.53-3.33)	835	2.31	(2.05-2.60)
Total	8139									
Sitting time										
≤ 7 hours	2121	485	1.00		672	1.00		1198	1.00	
≥ 8 hours	746	223	1.31	(1.09-1.56)	343	1.45	(1.24-1.69)	459	1.09	(0.95-1.25)
Total	6247									
Anxiety										
HADS-A ≤ 7	2484	575	1.00		811	1.00		1410	1.00	
HADS-A ≥ 8	293	103	1.52	(1.19-1.93)	158	1.65	(1.34-2.04)	258	1.55	(1.30-1.86)
Total	6092									
Alcohol										
CAGE ≤ 1	2375	557	1.00		803	1.00		1313	1.00	
CAGE ≥ 2	109	31	1.21	(0.81-1.83)	79	2.14	(1.59-2.89)	76	1.26	(0.93-1.70)
Total	5343									
Social participation										
Participates	1701	391	1.00		447	1.00		733	1.00	

Seldom, never	1441	384	1.16	(0.99-1.35)	703	1.85	(1.52-2.13)	1162	1.87	(1.66-2.10)
Total	6964									

*Adjusted for gender, education, age, marital status and chronic illness

N varies from 5343 to 8277 in the various analyses due to different amount of missing on the independent variables

Abbreviations used in the table: CAGE = questionnaire for problematic alcohol behaviour, HADS = Hospital Anxiety and Depression Scale, HADS-D = Depression, HADS-A = Anxiety, HUNT = the Nord-Trøndelag Health Study, IADL = Instrumental Activities of Daily Living
